

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~FEBRUARY 2020~

TVCCA VALENTINE'S LUNCH & FRIENDSHIP MIXER

~FRIDAY, FEBRUARY 14TH~
MEAL SERVED AT 12:00PM
MIXER BEGINS AFTER LUNCH

~MENU~

Spaghetti & Meatballs, Garlic Bread, Garden Salad,
Grape Juice, and Double Chocolate Cake for Dessert!

There is a suggested donation of \$4.50 for anyone 60+; the cost is \$11.34 for anyone under 60.

Dine with your valentine or feast with your friends! Use this delicious meal as an opportunity to spend time with the people you love! After the meal, stay for our Friendship mixer! Play games, win prizes and meet new friends along the way. Sweet treats and fun guaranteed.

PLEASE SUBMIT YOUR CIRCLED MENU IN THE OFFICE BY 2/6



UConn Women's BASKETBALL TAILGATE PARTY

~SATURDAY, FEBRUARY 29TH~
DOORS OPEN AT 2:00PM
GAME BEGINS AT 3:00PM
COST: \$5

~MENU~

Hot Dogs, Soft Pretzels, Chips & Salsa, Fresh Veggies & Dip,
and Dairy Bar Ice Cream for Dessert!

Join us for a fun gathering as we watch the UConn Women Huskies take on Houston!
Wear your favorite UConn apparel and help us cheer on the Huskies!

PLEASE REGISTER WITH PAYMENT IN THE OFFICE BY 2/25



303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors



MANSFIELD Senior Center

TEL: 860-429-0262

FAX: 860-429-3905

WWW.MANSFIELDCT.GOV/SENIORS

HOURS:

**MONDAY THROUGH FRIDAY
8:30AM TO 4:30PM**

DIRECTOR OF HUMAN SERVICES:

**PATRICIA SCHNEIDER, LCSW
860-429-3314**

SCHNEIDERPR@MANSFIELDCT.ORG

HUMAN SERVICES ADMINISTRATIVE SPECIALIST:

**DOROTHY DELVALLE
860-429-3315**

DELVALLED@MANSFIELDCT.ORG

SOCIAL WORKER:

**KATHY ANN EASLEY, LMSW
860-487-9873**

EASLEYKA@MANSFIELDCT.ORG

SENIOR CENTER SUPERVISOR:

**SARAH TAYLOR
860-487-9874**

TAYLORS@MANSFIELDCT.ORG

PROGRAM COORDINATOR:

**MARY FLOOD
860-487-9872**

FLOODMH@MANSFIELDCT.ORG

TRANSPORTATION AND PROGRAM ASSISTANT:

**JORDAN DABKOWSKI
860-487-9877**

DABKOWSKIJ@MANSFIELDCT.ORG

OUTREACH SOCIAL WORKER:

**JOAN MARSHALL, MSW
860-487-9875**

MARSHALLJ@MANSFIELDCT.ORG

SITE SERVER:

**SHARON CARON
860-487-9876**

CARONS@MANSFIELDCT.ORG

SENIOR CENTER ASSISTANT:

**SKYE BUDNEY
860-487-9870**

BUDNEYS@MANSFIELDCT.ORG

SENIOR CENTER UPDATE FROM SENIOR CENTER SUPERVISOR SARAH TAYLOR

This time of year can be so very cold here in Connecticut! Perhaps it's fitting that with February comes Valentine's Day—to remind us of the warmth that love brings! Join us here at the Senior Center this month for a variety of events that will help to warm your soul: sing your heart out at our Karaoke event on February 12th, celebrate Valentine's Day with us on February 14th with a luncheon and Friendship Mixer, play a game of Cornhole with friends on February 28th and help us cheer on the UConn Women Huskies as they take on Houston at our Basketball Tailgate Party on February 29th! As we move forward with our goals for 2020, we'll be looking for volunteers to help at our Reception Desk, in our Café and with our Medical Transportation Program. It's going to be another exciting year here at the Center, and we invite you to join our team and be a part of our growth! We will also be updating our records this month to ensure we have accurate phone numbers, addresses and emergency contact information for everyone we see. Please take a moment while you're here to confirm your information with any of our staff members. And, as always, if you have ideas, suggestions or feedback, please let us know! We hope to see you very soon!



**"Where there is love, there is life."
Mahatma Gandhi**

Open to Residents & Non-Residents Ages 55 & up!



**Come join us —
we have a great time together!**

NEW IN FEBRUARY

DEMENTIA CONVERSATIONS

~TUESDAY, FEBRUARY 4TH~
5:30-7:30PM

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered include going to the doctor, deciding when to stop driving, and making legal and financial plans.

PLEASE SIGN UP IN THE OFFICE OR
CALL 860-429-0262 BY 1/31

CRAFTY CREATIONS

WITH BECKY DOGGETT

~MONDAY, FEBRUARY 10TH~
1:00-3:00PM

We will be making beautiful shabby chic candle holders using recycled cans, paint, and clothes pins. We'll add embellishments of flowers and burlap to finish them off. The final product transforms into a wonderful centerpiece for your table or a great Valentine's Day gift to give the one that "lights up" your life.

COST: \$7/PERSON

**All materials will be provided.
Limited to 10 participants.**

PLEASE REGISTER WITH PAYMENT
IN THE OFFICE BY 2/3

CORNHOLE

~FRIDAY, FEBRUARY 28TH~
1:00PM

Cornhole is a beanbag toss game that dates back to the 19th century. Anyone can play and it is both great exercise and lots of fun!

PLEASE SIGN UP IN THE OFFICE OR
CALL 860-429-0262 BY 2/26

KARAOKE

~WEDNESDAY, FEBRUARY 12TH~
1:00PM

Join us for karaoke with a twist! You can choose from our selection of music including country, rock, Broadway, and more. If you are a musician, you are invited to come and play alongside the singers. If you don't sing or play an instrument, come and cheer these brave souls on!

PLEASE SIGN UP IN THE OFFICE OR
CALL 860-429-0262 BY 2/10

FRESH FRIDAY WITH MICKEY WYLLYS

~FRIDAY, FEBRUARY 21ST~
MEAL SERVED AT 12:00PM

PERFORMANCE BEGINS AT 1:00PM
COST: \$7

~MENU~

Shepherd's Pie, Salad, Hawaiian Roll, and a Surprise Dessert provided by October Kitchen!

Mickey Wyllys is a solo acoustic guitarist, vocalist, and harmonica player who performs a diverse selection of songs from various genres and decades. Mickey's back-to-basics approach keeps his set simple yet refreshing.

PLEASE REGISTER WITH PAYMENT
IN THE OFFICE BY 2/14

KNITTING FOR GOOD

~FRIDAYS, 10:00AM-12:00PM~

Do you like to knit or crochet? Help us Knit for Good! We will work on projects to benefit veterans, animals, preemies, cancer patients, and the homeless. Patterns will be provided. Please bring yarn and needles if you are able.

PLEASE SIGN UP IN THE OFFICE
OR CALL 860-429-0262

CREATIVE ARTS

Performance Chorus

The Chorus holds weekly practices in the fall and spring, and performs afternoon concerts at local nursing homes, rehab centers, senior housing and senior centers at the end of each season.

There will be a Chorus Meet & Greet February 24th at 1:00pm. All are welcome to attend!
Rehearsals for the Spring Performance Season begin March 2nd at 1:00pm.

Quilting

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." As always, if there is a particular technique or project that you would like demonstrated, just ask and Pat will bring in information and books on the subject. Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order from a local takeout restaurant.

Monday, February 3rd from 10:00am-4:00pm

Monday, February 24th from 10:00am-4:00pm

Cost is \$30.00/person per day

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class and beginners do not need to bring any supplies—come try it out first, and the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays from 9:30am-12:00pm

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays from 1:00-3:00pm

Knitting & Crocheting

Come join us for knitting or crocheting in the Craft Room! Bring your own project to work on and enjoy some great company!

Fridays from 10:00am-12:00pm

Art Studio

Our expansive craft room is available for you to work independently on your own project...with the company of some great artists!

Fridays from 12:00-4:00pm

LIFELONG LEARNING

CLASSIC MOVIE NIGHT

~THURSDAY, FEBRUARY 27TH~

4:00PM



Who doesn't love a movie night? We will be showing *Letter From An Unknown Woman* starring Joan Fontaine and Louis Jourdan. In this story, a pianist about to flee from a duel receives a letter from a woman he cannot remember, who may hold the key to his downfall.

**PLEASE SIGN UP IN THE OFFICE OR
CALL 860-429-0262 BY 2/25**

OPERA IN MANSFIELD

~WEDNESDAY, FEBRUARY 26TH~

1:00PM

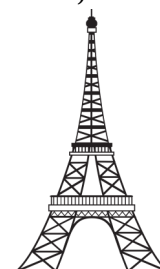


Join us as we bring the opera to Mansfield!

**PLEASE SIGN UP IN OFFICE OR
CALL 860-429-0262 BY 2/24**

CONVERSATIONAL FRENCH CLASS

~THURSDAYS, 1:00-2:30PM~



Learn conversational French with Valerie Ursin.
Some experience with French preferred.

FOCUS ON FITNESS

STRENGTH & STABILITY WITH MARGIE STICKLES

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

Pre-registration is required.

Tuesdays 9:00-10:00am
4 Classes—\$28

Thursdays 9:00-10:00am
4 Classes—\$28



TAI CHI COOPERATIVE GROUP

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

There is no fee for this class and no need to pre-register.

Wednesdays & Fridays
10:00-10:45am

WALKING DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

There is no fee for this class and no need to pre-register.

Fridays 9:00-9:40am

Please note: we will no longer be showing the Walking DVD on Mondays or Wednesdays. We apologize for the inconvenience

GUIDED TAI CHI WITH OLGA ROZMAN

Learn the purpose of every movement from a certified instructor with a background in physical therapy. Discover how a Tai Chi routine can be personalized to meet your needs.

Pre-registration is required.

Wednesdays 9:00-10:00am
4 Classes—\$28

TAP DANCING FOR SENIORS WITH MIA POMERENKE

Sparkettes Performing Group Class

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

Pre-registration is required.

Mondays
10:15-11:45am
3 Classes—\$30

Thursday Rehearsals
10:15-11:45am

FUNDAMENTALS OF TAP WITH MIA POMERENKE

This is a tap dancing class for those that need a refresher from previous lessons. The class will focus on steps & footwork.

Pre-registration is required.

Wednesdays 1:00-2:00pm
4 Classes—\$28

YOGA WITH TAMI TOSCANO & JEANNINE MARRON

Experience the many health benefits of this gentle restorative practice. All levels.

Pre-registration is required.

Mondays with Tami
1:30-2:30pm
3 Classes—\$21

Wednesdays with Jeannine
11:00am-12:00pm
3 Classes—\$21
No class 2/5

POWER OF AGING WITH KATHY O'CONNOR

This primarily seated, weight-bearing exercise class is designed for those who want to improve their muscle power, strength, balance and endurance. Classes include a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Pre-registration is required.

Tuesdays 10:45-11:45am
4 Classes—\$28

CARDIO COMBO WITH MARGIE STICKLES

Increase your strength, endurance, flexibility and balance in this total body workout! There is a combination of standing and floor work so we can adapt to all levels. We listen to music to help keep our energy up. Join today!

Pre-registration is required.

Mondays 9:00-10:00am
3 Classes—\$21

Thursdays 3:15-4:15pm
4 Classes—\$28

**** Prices listed are for the month of February****
For more information on class registration, please see page 9
or call Skye Budney at 860-487-9870.

AARP TAX-AID PROGRAM

TUESDAYS & THURSDAYS

~FEBRUARY 4TH THROUGH APRIL 7TH~

9:00AM-3:00PM

AARP's Tax-Aid program will once again provide free tax preparation assistance, with special attention to those 60 and older. If married, both husband and wife should be present during the appointment. Taxpayers must also have all available information and documents that apply to their 2019 income taxes, including:

~A copy of both of your 2018 tax returns

~ID information for taxpayers & dependents

~All W2, 1099, other relevant forms and documentation

**PLEASE CALL THE SENIOR CENTER AT 860-429-0262 TO SCHEDULE YOUR APPOINTMENT.
APPOINTMENTS ARE LIMITED AND FILL UP QUICKLY.**

WELLNESS PROGRAMS

***NEW!* Eye Clinic**

Individual appointments are available for eyeglass repair & adjustments with Eye Trade. Eye exams are not available.

Tuesday, February 4th from 9:00am-12:00pm

Haircuts

Valerie Tapp comes to us with 35 years of experience cutting hair. The cost for a spray bottle haircut is \$15.00, payable to Valerie at the time of the appointment.

Friday, February 14th from 9:00am-12:30pm

Massage

Melanie Morrisette, LMT has been practicing massage therapy since 2009 and is the founder of Storrs Therapeutic. The cost for a 45-minute session is \$22.00, payable to Melanie at the time of the appointment.

Thursday, February 20th from 9:00am-1:30pm

Podiatrist

Complete foot care and podiatric evaluations with Dr. Thomas Walters. Medicare will be billed if eligible.

Tuesday, March 17th from 9:00am-12:00pm

Foot Care

Foot care including nail trimming, sanding calluses & corns, and foot massage with Karen Netcoh. The cost for a session is \$29.00, payable to Karen at the time of the appointment.

Wednesday, March 18th from 9:00am-2:00pm

Please call us at 860-429-0262 for more information or to make an appointment.

TECHNOLOGY CLASSES

TECH TIME

WITH BOB VALK

~WEDNESDAY, FEBRUARY 5TH & 19TH~

Have questions about your computer, phone or tablet?
Our knowledgeable Tech Time volunteer Bob is here to help!
30-minute appointments are available and required.



**PLEASE CALL 860-429-0262
TO MAKE YOUR APPOINTMENT**

GROUP ACTIVITIES

CONVERSACIÓN EN ESPAÑOL

New name, same great group!
Our Spanish Conversational Group is a "sit & chat" setting. If you are interested in joining, please contact Ruth Jones at 860-886-3909 or jonesrt111@yahoo.com.
Mondays from 1:00-2:00pm

GENEALOGY GROUP

Discover your family's history with our Genealogy Group! Whether you're a long-time family historian or just starting out, come see what you can learn as we share online resources on the big TV! This group meets **on the 2nd Monday of each month from 10:00am-12:00pm**. Join us **February 10th!**

SCRABBLE GROUP

Come play Scrabble in a friendly, open environment! Challenges are not permitted, and players can re-do mistakes, consult the dictionary or get help from other players. All skill levels are welcome!
Tuesdays & Fridays from 10:00am-12:00pm

WRITING GROUP

You're invited to share your Creativity in Writing in a relaxed group with no criticisms.
The only requirement is the Love of Writing!
Wednesdays from 10:00-11:00am

CAUSERIES EN FRANCAIS

Parlez-vous Français? Bring along a bag lunch and join us for an hour of conversation en français!
Wednesdays from 12:00-1:00pm

Our groups are self-directed by a participant facilitator.

Please visit the group to find out more!

~ CARDS & GAMES ~



BINGO

TUESDAYS AT 1:00PM

WII BOWLING

MONDAYS AT 10:00AM

TUESDAYS AT 10:00AM

THURSDAYS AT 10:00AM

FRIDAYS AT 10:00AM

BRIDGE

THURSDAYS AT 12:30PM

DUPLICATE BRIDGE

NO DUPLICATE BRIDGE IN FEBRUARY



Join us for lunch on
Wednesdays and Thursdays
11:00am-1:00pm! Treat yourself to homemade soup, a fresh salad or a delicious sandwich!

The Café is also open
Monday-Friday 9:00am-2:00pm
serving coffee, tea, hot chocolate, fresh baked goods and snacks!
Visit mansfieldct.gov/senior for an updated menu!

FEBRUARY DAY TRIPS

MET OPERA LIVE: "PORGY AND BESS", MANCHESTER, CT

SATURDAY, FEBRUARY 1ST ~ 10:30AM-5:00PM

Enjoy your day at the opera!

Tickets are estimated at \$23, available for purchase at the theater. We will stop for lunch at Rein's Deli before the show.

YALE CENTER FOR BRITISH ART, NEW HAVEN, CT

TUESDAY, FEBRUARY 18TH ~ 9:00AM-3:30PM

Featuring the exhibits Britain In The World, Contemporary Designer Bookbindings, and Victorian Radicals
There is no cost for admission.

LUNCH BUNCH: THE DUBLINER, DAYVILLE, CT

WEDNESDAY, FEBRUARY 19TH ~ 11:15AM-2:00PM

A family-owned restaurant serving fresh food prepared daily. They are quickly becoming eastern Connecticut's premier choice for gourmet deli.

MET OPERA LIVE: "AGRIPPINA", MANCHESTER, CT

SATURDAY, FEBRUARY 29TH ~ 10:30AM-5:00PM

Enjoy your day at the opera!

Tickets are estimated at \$23, available for purchase at the theater. We will stop for lunch at Rein's Deli before the show.

PLEASE NOTE:

We want to make sure our fabulous day trips are accessible to everyone! If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to take advantage of this door-to-door service, please let us know when registering for a trip.

A signed registration form *and* payment (if applicable) are required to register for upcoming trips. Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available.

Trips are subject to cancellation based on registration

All participants on the trip list will receive a confirmation call prior to the trip.

Unless otherwise noted, admission costs for trips are payable at the venue. Should you need to cancel a reservation please contact our Senior Center Assistant Skye Budney at 860-487-9870. If you would like more information on any of these trips, please contact our Program Coordinator Mary Flood at 860-487-9872.



**** INCLEMENT WEATHER ****

It's officially that time of year again!

Please remember that all delays and/or closings will be posted to our Facebook page, WFSB Channel 3, and NBC-CT under Mansfield Senior Center.

You can always call the center at 860-429-0262 for announcements as well.

**Please use caution and
put your own safety first!**



Mansfield Senior Center Registration Form

FEBRUARY 2020 CLASSES AND EVENTS

Name: _____ Email: _____

Phone: _____ Address/Town/Zip: _____

DATE		CLASS/EVENT/TRIP	DETAILS	FEE
MON		QUILTING—10:00AM-4:00PM	FEBRUARY 3 & 24	\$30 EACH
		CARDIO COMBO—9:00-10:00AM	3 CLASSES	\$21.00
		SPARKETTES—10:15-11:45AM	3 CLASSES	\$30.00
		YOGA—1:30-2:30PM	3 CLASSES	\$21.00
TUES		STRENGTH & STABILITY—9:00-10:00AM	4 CLASSES	\$28.00
		POWER OF AGING—10:45-11:45AM	4 CLASSES	\$28.00
WED		GUIDED TAI CHI—9:00-10:00AM	4 CLASSES	\$28.00
		YOGA—11:00AM -12:00PM	3 CLASSES	\$21.00
		BEGIN TAP—1:00-2:00PM	4 CLASSES	\$28.00
THUR		STRENGTH & STABILITY—9:00-10:00AM	4 CLASSES	\$28.00
		CARDIO COMBO—3:15-4:15PM	4 CLASSES	\$28.00
EVENT		CRAFTY CREATIONS—1:00PM	MONDAY, FEBRUARY 10	\$7.00
		FRESH FRIDAY—12:00PM	FRIDAY, FEBRUARY 21	\$7.00
		UConn TAILGATE — 2:00PM	SATURDAY, FEBRUARY 29	\$5.00
TRIPS		MET OPERA—10:30AM	SATURDAY, FEBRUARY 1	
		SHOPPING RUN—1:00PM	TUESDAY, FEBRUARY 11	
		YALE BRITISH ART MUSEUM—9:00AM	TUESDAY, FEBRUARY 18	
		LUNCH BUNCH: THE DUBLINER—11:15AM	WEDNESDAY, FEBRUARY 19	
		SHOPPING RUN—1:00PM	TUESDAY, FEBRUARY 25	
		MET OPERA—10:30AM	SATURDAY, FEBRUARY 29	

☐

CASH

☐

CHECK

☐

CREDIT

TOTAL:

PLEASE NOTE: A signed registration form *and* payment are required to register for classes and activities. Registration forms are available in the newsletter, at the Senior Center and online at www.mansfieldct.gov/seniorregistration. If a class or program is canceled due to inclement weather or lack of an instructor a credit is issued to the participant's account. At the discretion of the Director and under extraordinary circumstances will any other refunds be given. Under no circumstances will cash or check refunds be given to participants.

WAIVER OF PARTICIPANT BY SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

PHOTO RELEASE: I understand that for promotional purposes, the Town MAY videotape and/or take photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

Signature: _____ Date: _____

HUMAN SERVICES

Medicare Advantage Open Enrollment Period is January 1-March 31, 2020

This is the time to switch from one Medicare Advantage Plan to another, drop your Medicare Advantage Plan and return to Original Medicare, or join a Medicare Prescription Drug Plan.

Call 860-487-9875 or
email marshallj@mansfieldct.org to
arrange a time to discuss your options



Winter is here – are you ready??

Do you have boots, a warm coat, gloves and hat, a shovel, or ice melt? If you are a low income Mansfield resident, the Town of Mansfield's Winter Fund may be able to help you prepare.

Contact Joan Marshall at 860-487-9875 or marshallj@mansfieldct.org for more information.



The Emergency Food Assistance Program (TEFAP) is a Federal program that helps supplement the diets of low-income individuals by providing emergency food assistance at no cost. The program has access to such staples as rice, cereal, canned fruits and vegetables, juice, milk and frozen meats. Preregistration is strongly recommended. For further information, please contact Kathy A. Easley, at (860) 487-9873 or easleyka@mansfieldct.org



Caring for a parent, spouse or adult child? Join our Caregiver Support Group for support and confidential conversation with peer caregivers. We meet the 4th Tuesday of each month in the Memorial Room and new people are always welcome! Join us at our next meeting on
Tuesday, February 25th at 2:00pm.



To speak with a Social Worker, or to make an appointment, please call the Human Services Department at 860-429-3315.

TRANSPORTATION SERVICES

All Transportation Services are free, accessible, and open to residents aged 60 and above, & those adults aged 55 and above who are deemed disabled by social security.

TRANSPORTATION TO MEDICAL APPOINTMENTS

We offer transportation to medical appointments for Mansfield residents through our Volunteer Transportation Program.

- Please make your reservation 7 days prior to your appointment.
- All destination requests must fall within a 30 mile radius of the Senior Center.
- Special exceptions will be made for emergency requests depending on driver availability.

MOBILE FOOD SHARE

We offer door-to-door transportation to Mobile Food Share twice a month for Mansfield residents.

Food Share will be 2/13 & 2/27 at 11:30am
There will be no transportation for 2/13 Food Share.

SHOPPING & LIBRARY RUNS

We offer routed shopping and library runs each month. Stops include Big Y, Stop & Shop, Walmart, Price Chopper and the Mansfield Public Library.

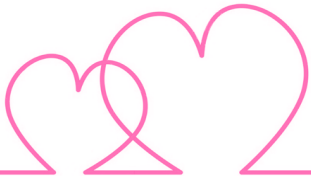


Shopping runs will be 2/11 & 2/25 at 1pm

Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis for shopping runs. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. All participants, including those on the waitlist, will receive a confirmation call prior to the trip. Individuals are responsible for their own packages.



To schedule transportation, please contact our Transportation and Program Assistant Jordan Dabkowski at 860-487-9877.

~TVCCA SENIOR CAFÉ FEBRUARY MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu is subject to change without notice. 1% milk & whole grain bread are served with each meal.</p> 				
3. BAKED HAM W/ PINEAPPLE GLAZE TURNIPS W/ HERBS BRUSSEL SPROUTS DICED PEACHES	4. BEEF STEW HERB ROASTED POTATOES BROCCOLI FRESH FRUIT	5. PORK DUMPLINGS W/ SHREDDED CABBAGE & CARROTS STEAMED RICE JAPANESE VEGETABLES PEARS W/ MANDARIN ORANGES	6. SALISBURY STEAK W/ GRAVY MASHED POTATOES MIXED VEGETABLES PINEAPPLE TIDBITS	7. <u>BIRTHDAY LUNCH</u> SPLIT PEA & HAM SOUP CHICKEN CACCIATORE PASTA SHELLS W/ MARINARA GREEN & YELLOW SQUASH SWEET TREAT JUICE CAKE & ICE CREAM
10. CHICKEN MARSALA RICE PILAF SQUASH MIX W/ CARROTS & STRING BEANS FRESH ORANGE	11. PORK SAUSAGE & GRAVY W/ BISCUIT TATER TOTS CORN W/ PEPPERS & ONIONS PINEAPPLE TIDBITS	12. CORN CHOWDER PHILLY CHEESESTEAK SANDWICH SWEET POTATO TATER TOTS MIXED VEGETABLES DICED PEACHES	13. CRISPY COD PATTY MACARONI & CHEESE BRUSSEL SPROUTS MANDARIN ORANGES	14. <u>VALENTINE'S DAY</u> SPAGHETTI & MEATBALLS GARLIC BREAD GARDEN SALAD DOUBLE CHOCOLATE CAKE JUICE PLEASE SUBMIT MENU BY 2/6
17. SENIOR CENTER CLOSED 	18. MEATLOAF W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS FRUIT COCKTAIL	19. CHICKEN PARMESAN FARFALLE W/ MARINARA MIXED VEGETABLES SWEET TREAT JUICE	20. PORK LOIN W/ MUSHROOM GRAVY ROASTED GARLIC POTATOES GREEN & YELLOW SQUASH DICED PEARS	21. <u>FRESH FRIDAY</u> COST: \$7  PLEASE REGISTER IN OFFICE WITH PAYMENT BY 2/14
24. ITALIAN PORK SAUSAGE & PEPPERS GRINDER ROLL GREEN & WAXED BEANS FRUIT COCKTAIL	25. CHICKEN & BROCCOLI STEAMED RICE ORIENTAL VEGETABLE BLEND SWEET TREAT JUICE	26. STUFFED HADDOCK W/ SHELLFISH SQUASH MIX W/ CARROTS & STRING BEANS PEAS FRESH ORANGE	27. CHICKEN CHILI CHEDDAR POTATO GREEN BEANS CORN W/ PEPPERS & ONIONS TROPICAL FRUIT CUP	28. MINISTRONE SOUP CHEESE PIEROGIS GROATS W/ ROASTED VEGETABLES BRUSSEL SPROUTS PINEAPPLE TIDBITS

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$9.27. Please remember to make your reservation at least 24 hour in advance. Reservations can be made circling your choices on the menu and submitting it in the office or by calling 860-487-9876.

FULL NAME _____

VOLUNTEER OPPORTUNITIES

Join our team of fantastic volunteers!

Receptionists

Help us keep the Mansfield Senior Center a friendly and welcoming place! Receptionists greet members as they arrive, answer the phone, give tours to new members, and assist with office tasks as assigned. Be a friendly face for the Senior Center!

Help is currently needed

Tuesdays 12-4pm and Thursdays 12-4pm

Café Counter and Kitchen Help

We are looking for volunteers to staff the Maple Road Café! Counter workers will take orders, process payments at our cash register, and restock goods as needed. Kitchen helpers will be cooking, baking, and preparing the food we sell!

**Help is currently needed Monday-Friday
between 8:30am-2:30pm**

Volunteer Drivers

Our Medical Transportation Program offers medical rides to Mansfield Seniors 60+. Choose your own schedule and make new friends while you're helping people the community get to their appointments!

**Driving is Monday-Friday
between 8:30am-4:30pm**

Annual Event Help

We have several Annual Events throughout the year when we can always use volunteer help decorating, serving & clearing plates and cleaning up. These events typically happen once or twice a month between 11am-2pm on Wednesdays and Fridays.

If you have an interest in volunteering, please contact Mary Flood at floodmh@mansfieldct.org

Thank you for your consideration!



COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of Mansfield's senior population regarding health, transportation, housing and any other issue that may impact their well-being. The Commission meets with and is a resource to area agencies and service providers to evaluate and advocate for the specific needs of Seniors in our community.

We welcome your input, suggestions and concerns. Join us at our next meeting on **Monday, February 10th at 9:30am**. If you are unable to attend the meetings, please feel free to contact any of the members below.

COMMISSION MEMBERS:

Laurie G. McMorro	(Chair)	860-429-5090
Martina Wharton	(Vice Chair)	860-634-0051
Bev Korba	(Secretary)	860-477-0546
Don Nolan		860-456-1101
Nancy Trawick Smith		860-208-3375
John Riesen		860-429-7569
Dorothea Mercier		860-429-4575
Wilfred T. Bigl		860-429-0180
Joanne Sousa		860-335-8152

COMMUNITY REPRESENTATIVES:

Will Bigl for Jensen's	860-429-0180
Rosemary Beecher for Juniper Hill	860-429-3739
Wrights Way	Vacant
Glen Ridge	Vacant



CAREGIVER RESOURCE CENTER

~NOW AVAILABLE IN THE MEMORIAL ROOM~


Resources including books, applications, program and funding information, AARP guides, local agencies and more are available in the Memorial Room for your convenience!

For more information, please visit our next Caregiver Support Group

on **Tuesday, February 25th** at 2:00pm or contact Joan Marshall at 860-487-9875.



~ FEBRUARY SPECIAL EVENTS ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9:00 WII BOWLING TOURNAMENT 10:00 QUILTING	4. 9:00 EYEGLASS CLINIC 5:30 DEMENTIA CONVERSATIONS	5. 9:00 TECH TIME 5:30 AGING MASTERY PROGRAM	6.	7. 12:00 BIRTHDAY LUNCH
10. 9:30 COA 10:00 GENEALOGY 1:00 CRAFTY CREATIONS	11. 1:00 SHOPPING RUN	12. 1:00 KARAOKE 5:30 AGING MASTERY PROGRAM	13. 11:30 FOODSHARE 12:30 CSEA MTG	14. 9:00 HAIRCUTS 12:00 VALENTINE'S LUNCH & FRIENDSHIP MIXER
17. SENIOR CENTER CLOSED 	18. 9:00 YALE ART MUSEUM TRIP	19. 9:00 TECH TIME 11:15 LUNCH BUNCH TRIP 5:30 AGING MASTERY PROGRAM	20. 9:00 MASSAGE	21. 12:00 FRESH FRIDAY 1:00 MICKEY WYLLYS PERFORMANCE
24. 10:00 QUILTING 1:00 CHORUS MEET & GREET	25. 1:00 SHOPPING RUN	26. 1:00 OPERA 5:30 AGING MASTERY PROGRAM	27. 11:30 FOODSHARE 4:00 CLASSIC MOVIE NIGHT	28. 1:00 CORNHOLE

WEEKEND TRIPS & EVENTS:

LEGISLATIVE BREAKFAST ~ FEBRUARY 1ST
 MET OPERA TRIP ~ FEBRUARY 1ST
 MET OPERA TRIP ~ FEBRUARY 29TH
 LEAP YEAR TAILGATE PARTY ~ FEBRUARY 29TH

If you'd like to receive an
 electronic version of our *SPARKS*
 newsletter, please email Jordan at
dabkowskij@mansfieldct.org

It is also available at
www.mansfieldct.gov/seniorsparks

~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 CARDIO COMBO 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 1:00 EL GRUPO 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:00 SCRABBLE 10:45 PWR OF AGE 12:00 LUNCH 1:00 BINGO	9:00 GUIDED TAI CHI 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 12:30 BRIDGE 1:00 JEWELRY 1:00 FRENCH CLASS 3:15 CARDIO COMBO	9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWL 10:00 TAI CHI DVD 12:00 LUNCH 12:00 ART STUDIO

Need Legal Advice?

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

For more information on Connecticut Legal Services, visit: www.ctelderlaw.org



Need something to do during these cold winter days? The Maple Road Library might have something for you!

Our collection is fully stocked with fiction, non-fiction, large print, and DVDs. We even have portable DVD players and senior-friendly Chromebook computers for borrowing! Can't find something you're looking for? Use the catalog computer to request a book, and it can be sent here for convenient pickup!



CHECK US OUT ON FACEBOOK!

Check out our Mansfield Senior Center Facebook page for interesting stories, program & event information, pictures and an opportunity to connect with local resources & organizations for Seniors!

Birthday & Anniversary Celebration

~FRIDAY, FEBRUARY 7TH AT 12PM~



*Celebrate your special day with us!
Enjoy Cake and Ice Cream
after lunch and make a wish
for the year to come!*

*Please call our Site Server
Sharon Caron at 860-487-9876
by **February 5th** if you would like
your birthday or anniversary shared
so that we can celebrate with you!*

DIAL-A-RIDE TRANSPORTATION

is a door-to-door public transportation service designed to meet the transportation needs of the elderly and persons with a disability. Drivers will assist passengers to and from the door at the pickup point and destination. Dial-A-Ride is available in Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington, and Windham-Willimantic.

Dial-a-Ride will transport riders to medical appointments, shopping centers, personal business destinations, nutrition centers, Senior Center activities and work.

Please call 860-456-1462 at least **24 hours in advance** to schedule rides. This service is provided by WRTD.

NEWSLETTER SPONSORS

FERRIGNO, REALTORS
1734 STORRS ROAD
STORRS, CT 06268
WWW.FERRIGNOREALTORS.COM

G.M. THOMPSON & SONS
54 MIDDLE TPK
MANSFIELD DEPOT, CT 06251
TEL: 860-429-9377

ANDREW MAINES CONSTRUCTION
HOME IMPROVEMENTS LARGE OR SMALL
LICENSED AND INSURED
STORRS, CT 860-208-3689



October[™] Kitchen LLC
NOW DELIVERING TO WILLINGTON, MANSFIELD-STORRS
Healthy Home Style
Chef Made Meals
Weekly Delivery
Senior Friendly
Low Sodium
Just Heat and Eat!
860-533-0588
WWW.OCTOBERKITCHEN.COM
Retail Carry-Out Market
309 Green Rd, Manchester

MANSFIELD SENIOR CENTER ASSOCIATION
303 MAPLE ROAD
STORRS, CT 06268
860-429-0262, EXT 5 COME JOIN US!

HEALING EARTH NATURAL HEALTH, LLC
FRAN STORCH N.D.
476 STORRS RD., MANS CTR, CT 06250
860-423-2759



THE DOW
Cafe & Creamery
860-450-8408
Open Daily 7am to 9pm
86 Storrs Road, Mansfield CT
(Across from Eastbrook Mall)

Seniors Enjoy 10% OFF Tuesdays

Fresh Ice Cream
Panini & Wraps
Soups & Salads



KKC KAHAN KERENSKY & CAPOSSELA, LLP
ATTORNEYS

Elder Law • Wills & Probate
Personal Injury • Real Estate
Criminal Defense • Divorce
& Family Law • Land Use & Zoning • Litigation • Business

Legal matters aren't always easy.
Talking to your lawyer should be.

Attorney Stephen F. Sutton
Vernon: 860.646.1974
Storrs: 860.487.1842

KKC-law.com

**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS -
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!**

YOUR BUSINESS COULD BE HERE!

12 ISSUES OF ADVERTISING:
FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY**

**PUT LABEL
IN THIS BLOCK**



SPARKS SUBSCRIPTION

PLEASE NOTE:

THE DATE ON YOUR LABEL IS YOUR RENEWAL DATE.

DATE: _____ PHONE: _____

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

RENEWAL: _____ NEW: _____

\$12.00 FOR 12 ISSUES

AMOUNT ENCLOSED: _____

PLEASE MAKE CHECKS PAYABLE TO
TOWN OF MANSFIELD

**MANSFIELD SENIOR CENTER
303 MAPLE RD
MANSFIELD, CT 06268**